

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Cynthia Negal**

Has successfully participated & completed the  
**5km The Fair Cape Cares Foundation Trail Run**  
held at Fair Cape Farm, Durbanville.

**TIME 00:57:38**

**PACE 11:30/km**

**GENDER 155 of 209**

**OVERALL 216 of 285**

**50 - 59 30 of 40**

13 September 2025, Sat

Date



*BoutTime*

Signature

